



# MELTING FLESH.

But Mrs. Conrady really did it!

When she first went to the trainer, be gave her small encouragement. He insisted that he had never yet seen the woman who had the strength of purpose and force of will to persist in a thorough, well-markedout course of training

Training," and he, "means nothing but hard work, nay more, to be really effective, it has got to mean overwork; nothing but genuine overwork will reduce the flesh, and that is what no woman will religiously h's hard enough for man Why, trainers of pugilists almost have to resort to brute force at times to keep then men up to the work and down to the diet, with all that is depending upon it,"

Oh, yes, I constantly train men down; at the rate sometimes of four pounds a week; I have trained myself down at that But did you ever see a woman train? I will tell you how she does it. Let us say, for instance, that she starts in with howling. For a few mornings she will work very well, and feels tremendoasty cocky over it; then she begins to gradually ease up, and invariably ends by sitting around to watch the thin woman bowl Now, that is the way nine stout women out of ten, yes, ninety-nine out of a hun-dred, train. The very tastes and disposition that made her take on flesh in the be ginning will keep her fut to the end. Oh, you needn't look annoyed! You may talk about your 'fine women,' and refer to their embonpoint: I call them fat.

"My experience has been the same with the wheel. Last spring a man brought his daughter to me, a girl of foarteen years of age, who weighed over 200 pounds. St learned to ride the bicycle perfectly, and if she had been my daughter she would not be weighing more than 150 pounds. But what does she do? She gets on her wheel occa sionally and rides up and down the bouletstired and goes home "Just make a note of the stout woman as she starts out on her ride, nourish-

ing her way toward sylph-like propor-There she goes in her spick and span shirt waist, smart hat, and fresh, cool face—and she will come back looking the same way, too; she wouldn't come back at all if she didn't. Well, did you ever see : man come in from an exercise in real train ing? There is nothing spick and span about him, I can assure you. You know, in the first place, there must be profuse perspira

tion, or there is no appreciable loss of flesh "A man who has really made up hi mind to reduce his flesh, buts on woollen stockings, heavy underwear, thick knickerbockers, a sweater and a soft, felt hat Then he starts for a twenty-five or thirty mile ride at as high a rate of speed as the law will allow and he doesn't let up an ite stant until, dripping and dilapidated, he is back home, where he strips off his clothes and is rubbed, or rubs himself down, proud with the consciousness that he has worked off at least one more pound of the 'too solid

"The point of the woolen clothing is just Suppose for instance the back of your hand is covered with perspiration. So long since the nores are effectually closed; but as rapidly as you remove it more appears Now the woolen constantly takes up the perspiration, so that tiny streams are coninually exuding from every pore."

"By the way, did you ever see a woman She always starts in bravely enough, but just watch her. In a few days you will find her sneaking a little potato on to her plate; upping a small piece of bread here, bit of cake there, a spoonful of sweet somewhere else. I used to get great amusement in detecting a woman of really herois proportions mentally as well as physically, these little practices, while she tensibly 'on stiff diet.' She unfortunately had to officiate at the head of her own table, and though I am sure she would walk up to the cannon's mouth without flinch ing, if need were, she proved herself absolutely incapable of standing her ground against an innocent little pudding in frent of her. She indeed metaphorically turned her back on the dessert altogether the first few days; then she began helping herself a teaspoonful at a time, and ended, of course,

as anyone at the table. "No, women are strong, capable creatures, But when it comes to sufficient self-denial and strength of will to reduce one's weight fifty pounds, I have yet to find the woman will come stiffly up to the mark, backed though she may be by the proverbial femi

nine vanity in goodly measure."

Mrs. Conrady left the trainer, a sadder wiser woman, but with a determined look in her eye. She knew there had been women who had achieved great results in the direction tion of becoming beautifully less, the professional trainer to the contrary, and she made up her mind with the "one stone" to rindicate her sex and improve her figure. Woolen stockings and underwear, knicker-bockers, under her bicycle skirt, and sweater all went on, and earnest work and genuin perspiration began. She wasn't exactly riding for pleasure, but her reward camwhen each week the scales tolled off four pounds more vanished into space. In the meantime, too, she became quite a mathe-matician, especially in the art of dividing and subtracting by fours, looking forward to that final day of triumph which materialized in the space of three months when she could present her minimized figure to the some-time contemptuous trainer, and say, "Behold, I have done it!"

# NEWPORT DEBUTANTES.

### Granddaughters of General Grant Are Introduced Into Society.

Newport, Aug. 23.-Newport is taking itself in earnest this year. Everybody has a task to perform and is performing it with surprising industry. It is so different from watching a girl make the evolution into a duchess or an elderly belief catch a young beau. People all have some thing to do and are doing it cagerly and independently.

J. J. Van Aleo, who is like "the prince In all things except his monocle, has a daughter to introduce, and well be is doin He began in the royal English way of allowing grandmamma to lead off. The first great dinner of the season was given by Mrs. William Astor at Beechwood, to atroduce Miss Van Alen to society. present were the elderly set, the old ma trons and the downgers. Miss Van Alen was unknown to them in face, for she went to a Freuch convent years er mother's death, and emerged only when time to bring her out at Newpor Her father is teaching her to keep house to relieve him of the care which he has

borne so gracefully and so long. Following this came a grand ball at the Van Alen house, and now the Casino dances, noted through two continents. are graced by the young lady's presence that is a Newport bringing out.

The British embassy has its headquarters in Newport for the summer. Viscount Gough is at its head in Sir Julian Paunce s absence in England. In the embass; is a very eligible gentleman, visiting a niem ber of the legation. He has an "honorable title and is desirable from many a point of lew. This gentleman all the way over on the Paris kept talking of the beauties of the Newport suppers. "I want to cat one live bruied lobster there," he said, "and

The very night of his arrival the clubwas prepared for him, and a five broiled lobster brought out and set before

did. And die he almost did, but not of "epicurean costasy." By some trick pecultar to lobsters the dish was what is known as a "poisoned lobster," and for a week he my in bed groaning with pain.

Mrs. Potter Palmer is in the very inner ranks of the 185, as the 400 has dwindle o. There is no reason why she she occupy this position, as she has all the requi-sites. But she has hitterto held aloof for other aims. Now she is is "right in it." as it were, and she proyed the fact by a state dimer, at which she introduced Miss Vivian Sartoris and Miss John Dent Grant to Newport society. Everybody was there And what did they see? A regulty beautiful women in white satin sprigged in roses with her pearls twisted around her neck, and by her side two of the most heauti-ful girls that have stepped into Newport since Consuelo Yznaga. Duchers of Man-chester, reigned them. These two young people, with Mrs. Palmer's sons, make the ouse of great interest to Newport leaux, w) o complain of more girls thad there are

Miss Fair says sheedid not "nearly lose her life" in that sea story that got out about her. She was dancing all the time she was supposed to be drowning. Her constant companion is Mrs. Hermann Oelrichs, who is considerate enough to dress as the downger, as a feil for her hatle sister. Miss Feir hasn't the dignity f a sixty-million dollar actress. She is too saucy looking. Her rece is too tip-tilt and her freekles (co pronounced. She is a trim little girl, though, and one that even the old sea salts turn to look at. She is teaching Miss Van Alen the wheel. Miss Fair cycles in navy the and Miss Van Alen in brown. Afterneous the two wear pale along for safety. The Newport fad is for tim to ride ahead, keeping his eyes upon

the road for sharp pebbles and ruts.

Nothing excels the Newport bicycle parades when the caff colony comes down. There are few gold or sliver wheels but many tickel ones, and the owners deco rate them with gorgeous flowers. Pape flowers are not unknown in Newport for the wheels keep fresh longer and are lighter with these than with the flowers heavy with summer's sap. The fragrance is there just the same.

ivens the scene and the prizes are silverthings on the bicycle order. And after-wards comes a bicycle dance at the botel. the way a bicycle day is man aged at Newport.

The biggest bleyde parade ever give



Miss Wilmuth Gary.

it a summer resort takes place here soon The bicycles will be ridden by all the famous

beauties of the summer.
There are not many lew houses building ere now. The great old residences stand The American custom of pulling down theold house and putting up another has vanished Now an addition is put upon the new house That great imposing front which you see rising from the cliffs fo solemn grayness The old house is now only a cosy summer room in the rear. To pull down and rebuild is not good form at Newport.

The coaching parade set down for August 22 was the cause of bringing many men here who, for some reason, have been living quetly in New York at the Metropolitar Club. Verhaps they feel that they can res better at the club. Perhaps they know this is a summer when it is well to watch one's business closely. Anyway, they come or for events like the coaching, but not to stay long.

The open air horse show starts in next Wednesday and lasts until Saturday. The coaching parade horses will all be there This horse show is more an exhibit of rel and trick horses, good carriage teams and cobs, than an exhibit of valuable horses People keep their high-breeds for the Ne cember horse show. Here they show off the horses they like to pet and drive.

Mrs. O. H. P. Belmont is becoming the post popular woman in Newport. She is trying as hard to be agreeable now as she ried to be exclusive for the last twenty cars. Her latest gift is a valuable cup to e sailed for by half-raters. Her son and H. O. Havemeyer have charge of the ar rangements and are gathering the yachts men together for the sail for the big teauti

The grandest ball given since that Duk or Marlborough ball will take place at Belourt, the combination stable and house where the family now reside. This term "combination stable" inaptly describes the structure, which is a series of grand open courts, through which one passes from dining ball to drawing-room, from staircase halls to veranda, and on through stone arches to the stables, where the anirecreation for the master. Here lives the sacred cow with one uncrumpled born, giv ing cream for the family coffee, and here

are the goats that draw the children around It is said that the Calvin Brices as good as own the Astor villa. where they have lived several summers that they have a long lease of it. They dined with Waldorf Astor and visited him quietly many times, and this they would not have done had Mr. Astor been "bleeding" the Brices. Some amicable adjustment of dollars and cents exists, without question New York is complaining greatly that t gets no chance at its own millionaires Florida and the Pacific get them in winter Newport and spots in the Eastern moun

a thanksgiving all around. WARRY, GERMAINE.

GUN AND BAG. New Sport Which Is Being Adopted by Young Ladies.

tains get them in summer. They only

come home for Thanksgiving and then it

A new and popular function for the early autumn is the gunning party. The "maiden up to date" has decided that more fun and excitement can be gotten out of one day's shooting than weeks or months of wheeling, tennis, golf or croquet, and the costumes, of course, they are fetching and worth considers at some length.

ess of a smart gunping party vary some-

what with the locality of birds to be shot; but, as a rule, the invitation reads something comme cela a ceci, and is

"My dear Madge," or "My dear Mr. Hdye.

"We are making up a gunning party for Wednesday, the 9th, and will you not join us. We start at 7 and hope to bur few quait or wild pigeons before 10 o'clock, when we return for breakfast. Hoping you will form one of the party remain, etc., etc.

"Idlewild,
"September 7th." To accept with alacity this pleasant invitation if one's title and shooting garb are in trim, is the usual requel. The early hour of 7 or the reatouts is the one chosen for the reason that before 16 o'clock or after 4 in the afternoon is the best time for barriage small gapes.

of the afternoon is the best time for bagging small game.

Just here a word to the wise. Any girl who owns a rifle and hopes to be summoned to a shooting party before the season is over, should set to work in Geal carnest to learn the different notes or calls of the birds. It is a great help when out with a rifle and a yawning lag by one skide bagging to be filled; movers have a strange. begging to be inled; plovers have a strange, sweet whistle, and quail, as every one knows, are always calling Bob White. It is also well to become familiarized with the also well to become familiarized with the faunts of different birds. Quail and mendow larks, for instance, are mostly in evidence in fields filled with grain stubble. Wild pigeons wheel directly overhead and to aim point blank at the whole flock is a temptation, but one to be resisted—aim at a single bird.

Each member of the hunting party carries a pretty horn sing over his or her shoulder. This serves the purpose of calling the members together, when sep cating the members together, when separatel, and to practice tooting lively tames on one's horn is another important item in the gamer's training. A chamois pouch thrown over the shealer, is also part if the outfit; traducers of the sex say these pouches are not so much to carry shot and cartridges as dainty articles of the talet and sweets and bombons—a most libelous statement, let me say, en parenthesis.

Three hours a field is usually as much

Three hours a field is usually as much as the average hunter cares for; indeed, after 10 o'clock most birds get linek to cover to preen their feathers and rest in the shade. About 4 in the afternoon they again set out for the orchard and stubble fields.

The teturn to Idlewid for breakfast is the signal for renewal of the fun, and curiosity is agog regarding trophies awa ting those wto have tagged the most eurosity is any regarding tropaes awa ting those who have bagged the most game. A first and second prize for the women and the same for the nøm: hunting harns of silver, or if expense has to be cors dered, of some less expensive material, repose between each plate and as filled with flowers. These the guests carry away as sourcears of the occasion. At a smart guanting party recently given in Lennox each hunting ion was marked with the name of the guest and the date and the prize for the largest was a silver-mounted revolver. The gath for the hintwoman a silvost any suitable and becoming dress she may choose—brown tweed, perhaps, with a three-quarter length velvet coat and scarlet was stoom, a brown hat, trainment with a fawn wing, or a cedar-culored tweed dress, soft felt hat, and buckskin goiters.

A costume trimmed with leather, with

buckskin gaiters.

A costume trammed with leather, with a leather waistroat, is always a favorite with girls, although not possessing the nigrit of originality or novelty. A rough blue tweed, with collar, cuffs and pockets of leather, was a costume seen of late in the hunting field; another member of the same party wore a twill-brown serge, braided in gold, with a Polish bodice, opened in a point at the neck over brown velvet; still another, German foresters' pale green cloth, with collar and cuffs in darket velvet; the belt, two rows of gold withgold clasp. ws of gold with gold clasp. Collars and cuffs of antelope or moleskin. shirt with fan pleating of leather let

to allow freedom in walking; an in in to allow freedom in wanking, an insan-facing of mackintosh to protect the skirt from mud or dew; a capacious pocket with buttoned flaps; a full sailor's knot the; cloth spats in fine weather and leather gatters in wet—these are suggestious re-garding a gunning outfit respectfully submitted.

DIANACROSSWAYS.

# Some Timely Recipes.

Salmon Mayonnaise-Turn out a tin of almon and arrange the fish on a plate. carefully removing all skin and bone. Next prepare the sauce. Place a yelk of a very fresh egg, perfectly free from the white, into a small basin, and stir with a wooden spoon, mixing in at the same time to taste, and about half a salt specuful of mustard. Have a small buttle of salad oil in your left hand, cut a tele in the cork so that the oil will drop slowly through it: stir vigorously the whole time. Directly the mayonnaise begins to thicken the oil may be added in larger quantities, though still slowly. When about a pill of oil Las heen used, add a tenspoonful each of tarragon vinegar and lemon juice, and if the sauce is still too thick, thin it down a little celd stock. Prepare some lettuce and lay it on a dish, and on this arrange the salmon, pour the sauce over, and garnish prettily with slices of encumber and capers. Tomato Salad-Take three or four te-

matoes, which must be firm and ripe, and cut into slices, and two heads of crisp celery. Prepare a dressing of one part of oil, two parts of vinegar, a little tarrigon, pepper and salt, and a tablespoonful of cream. Lay the celery and temators al-ternately in a salad bowl. Pour over the lressing and serve.

Raspberry Cheesecake-Line the edges of a ple dish with light puff paste. Half fill the pie-dish with stewed raspberries from which a good deal of the juice has een strained. Take two eggs and their weight in butter, sugar and flour, make this into a batter and beat ten minutes Spread this on the fruit and bake in a round the pie-dish, and sift powdered ugar over the cheesecake.

Sago Blanc-Mange-Soak five ounces of ago for five hours in one pint of cold vater, then stir it loto one and a balf cints of boiling milk, add a tablespoon ful of sugar, and flavor with vanilla to taste. Cook all for twenty minutes while stirring, then pour into a mold. When cold turn and pour custard round.

Green Tomato Pickles-Slice one peck of green tomatoes and one dozen large onions and pack them in a jar in altersale layers with salt between. Let them stand 24 hours; then take them out and drain off the brine. Add one ounce o mace, one of white ginger, one of celery seed, one half ounce of cloves, one half pound of white mustard seed, two table spoonfuls of black pepper, three pounds of brown sugar and one quart of vinegar. Boll until tender. For tomato catsup-Put the tomator

into a kettle, cover them closely and set them where they will be hot enough to burst. Take them out to cool, throw a way the water which rises, then pass them through a sieve, and to each quart add two thirds of a wineglass of salt, half a teaspoor ful of mustard, quarter of a teasp of ginger, quarter of a teaspoonful of cay enne pepper, quarter of a wineglass of allspice, two thirds of a tumbler of vinegr and two ontons, which should be reboil the mixture twenty minutes and bot

# SECRET OF BEAUTY.

## How Some Women Can Stand Tan and Sunshine The Secret Explained.

"You domestic women," said a chatty | Recipes of Famous Beauties for little soubrette, stretching her small feet before her in a shady corner of the piazza railing "have no idea how to be beautiful. To you, exposure to the sun means ugliness until snow flies, and a ride in the wind means chap and freckles. You are not beautiful, and you know it. You are dowdy and ugly. We are stylish and pretty. You can tell au actress-even if she doesn't paint-from a domestic woman any day, because the stage woman is so inviting to the eyes, and your home women so passa

"I have to smile," said she, settling back comfortably and lifting her little feet to a higher cross-bar in the railing, "to hear the excuses you make for your plainness Excuse me for being personal in my remarks. But take that pretty little blonde woman who sits next to you at the table Yesterday she bicycled all the morning. Today she is red as a blaze, and her hands re freckied. Tomorrow she will 'peel,' and then she will be spotted for a week Her hair is all faded out, too, and she walks

"Now look at me! No, don't take a humble a person as myself. But take that famous beauty, my friend, Lillian She is stopping at a little quiet seashore spot not very far away. She has her gold bicycle with her and she rides every day. You should see her. She never 'makes up' a drop off the stage and her complexion is peaches and cream, and her hands tike milk The women all around are in the diningroom are frights after a day in the sun But Lillian is fair as ever.

"I will tell you the first reason. It is I ause home women are too todolent to make themselves pretty. Now, I will take that back and say thisat some are too diffident. I know some women who have the feature and bur to be professional beauties, but who would consider it a waste of time and even a sin to cultivate those natural gifts. Yet they would like to, if they knew now, and they could do it easily.

"Since I have taken my friend Lillian oranexample, let metall you how she man agesher complexion, after she comes in fraa ride in the broiling sun.

"She hastens to her room at once and akes off her clothes slowly. Sudden throwing off means exposure to draughts and that brings on a cold in the head. When in a cool white frock she anoints that red perspiring face with a nice, bomemad cold cream. She spreads it on well and lep it stay on. Meanwhile she busies herself around the room, for she is an industrie While the face is getting its cleansing.

for that is what the cream does for the face, the hands are dipped in a little bran water and held there ten or fifteen minutes, one at a time. This softens them and takes out the burn. They, too are now creamed and slipped into gloves "After the face cream has been rubbed off, more is applied and taken off care-fully. The face is not touched with water, and not until time to retire, several hours later, is there the water dip which freshess the skin and clears the

'Now, I know that demestic women think this unclearly. They rush to the faucet twenty times a day and dash water over their long-suffering complexion But at night they go to bed without the full figure dip. And that any woman who holds her beauty will tell you is more pecessary than the continual ragging of the skin of the face

"There is another tenutiful woman also a triend of mine, whose complexion is always referred to with enthusiastic words. This is Calve, the Carmen of undying fame. That woman isn't pretty, or she wouldn't be if she were living a home life. Her complexion would get thick, and she would have the waist of

an apple woman. "Calve keeps her complexion by the process that every olive-hued woman should follow-that of scrubbing the face. I have seen Calve do it a hundred times and I cal

describe it. "At night she rubs into her face the small est pinch of a cream. She massages it into the skin, and when through, there is no telltale grease left. In the morning she leans has been revived. over a tasin of hot water and, with pleter | For emtro-dering purposes hair should of the finest soap, she lathers her face as though under a barbers hand. The lather she lets stand for a minute to reach the innermost pores.

she takes off the soap, and when the face is clear again she picks up a smalli soft scrubbing brush' kept for the face and briskly scours the skin until it is ruddy and clear. A dash of cold water bardens Keeping the Complexion Clear. Lillian Russell Uses Thick Cream-Calve Scrubbing Brush.

### A Ride in the Sun Don't Mean Chap and Freckles.

the surface again, and by breakfast time Calve's face is the clear, ruddy office so much admired Try this yourself if your face is dull and muddy. You can do it in ten minutes of a morning.

'Now. I saw a beautiful woman, an actress, out today upon the ocean, sailing contentedly in a cathoat, fishing for small ry. She were neither veil nor gioves. Next her, squinting under a veil, set a woman will be gray and wrinkled when the ther one is still making beauty conquests he pretty one is the most famous model the Metropolitan studios. Her face tints are her fortune. I spent an hour with her rester by after she came in from her fish-

ing, and what do you think she did?

"The minute she got in her room she threw off her dress and put on a woolen sweater. While she was getting into it a maid brought a bow, of white liquid. It was buttermilk. Slowly and carefully, with a camel's hair brush, she applied the buttermilk to her face, neck and hands, and while it dried on we chatted about - herself! "

"I can't paint for powder," said she Tor it would roin my tints, so I pre-serve them as best I can. This butteritk is like a bleach. See how white shall be when it comes off. I wash it if with rainwater and fine soap. I wasnit with keeping my system in order, is my beautifier.

Mrs. Leslie Carter and Mrs. Potter," ad the little actiess, waxing tery confifential, "are not preity woman enner of hem, but you consider them so, because bey have such lovely hair. They don't each. It is their own, but if it belonged o you, with the cares and the hard work hase women have gone through, it would three-fourths streaked with gray.

Those women keep theoriecks really care. es began by brightening them. This one by brashing and temes and exposure o indight. It is easy to brighten your locks. You can make them bloom if you want to After you get them pretty you must keep them so." MARGARET T. REED.

# WISE WORD TO MOTHERS.

HEN the school days are finished and the hence coming over, many girls are more or less discontented being because there seems to be no special place for them to filt. In school they have had duries and occupations and have become accustomed to regular hours of employment.

Wise is the mother who at this trying ime is willing to make a place in the nome for the little would-te reformer, or the enthusiast who would like to pet nto practice some way her ideas of tousekeeping and home-making. Let the new ways and new ideas to tried. and show some hespitality to them and some sympathy to other views than you

A division of labors and responsibilies is a happier way of niceting the difficulty than a giving up and over of me's ideas and domain to the perhaps over-zenious young woman who should have gained fact and sympathy and some knowledge of how to live happily with others if her school days have been of any value. Encourage her to ase her gifts, not only in her own home, but for others. The girl who has plenty if reem for expansion in her own home is usually the least anxious to try home-

# HAIR EMBROIDERY.

Evening Post.

N OLDEN times it was the custom for ladies to give their sweethearts hand kerchiefs with their initials embreider ed with the fair donor's hair, or finger rings or watch chains made from hair. Such fashions have died out, but the fashion for embrodered handkerchiefs with bair

be soaked in toiling water before using to make it soft and pliable, so that it can be threaded in a fine needle and used like silk. One method is to lap cown several "With basin after basin of hot water strands of hair and sew or couch it down with fine silk. Feather stitching is ofter done with bair, and with a little practice is very effective. In figure embroidery hajr is used for evebrows and eyelashes, tooking the figure much more natural looking.

